Comparative study of nutritional status of Weightlifters, Wrestlers, Judo players and standard nutritional chart

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ABSTRACT
The present study was undertaken on 75 male intercollegiate wrestling, judo and weight lifters (25 each game) aged between 18-25yrs. participating in Intercollegiate tournament of S.G.B. Amravati University, Amravati. The main purpose of the study was to compare the nutritional status of weight lifters, wrestler, judo players with standard nutritional chart. It was hypothesized that there would be a significant difference between the nutritional status of weight lifters, wrestler, judo players at inter collegiate level and the nutritional status might be low as compare with standard nutritional chart. One way Analysis of variance (ANOVA) was used to find out the significance. The main tool for the data collection process was questionnaire. A self-prepared questionnaire on sports nutrition was used in this study. It has been observed from the analysis that there was a significant difference between the daily caloric intake of players of different games. It was found that caloric need of weight lifters was more than that of wrestlers and judo players. The daily calorie intake was like Weightlifter > Wrestlers > Judo Players. In this study it was also seen that the mean caloric intake of players was less when it was compared with the standard nutritional chart.

Key words: Nutritional status, Standard nutritional chart